THE STRENGTH OF AM ES IN ITS YOUTH

JR.

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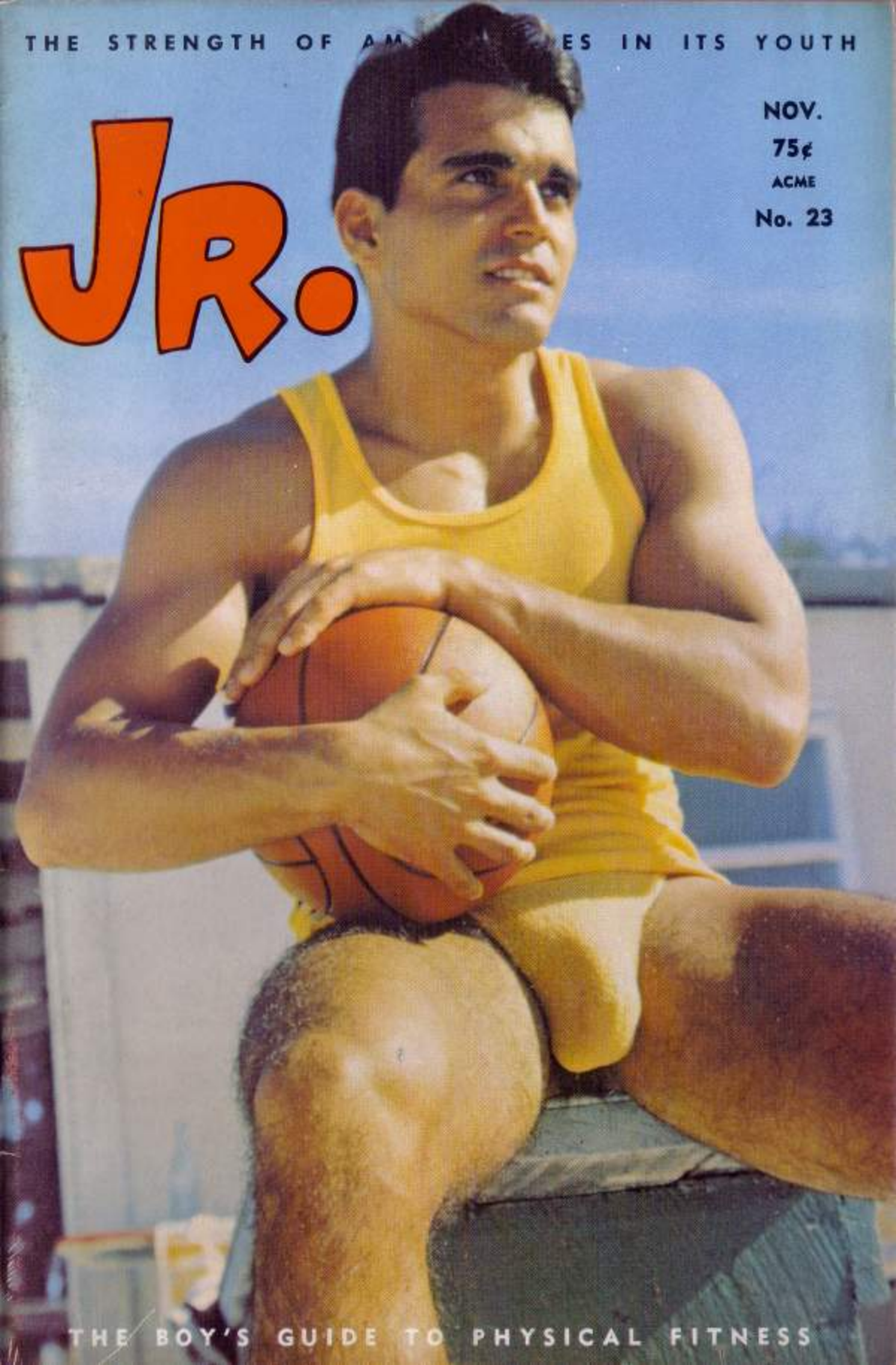
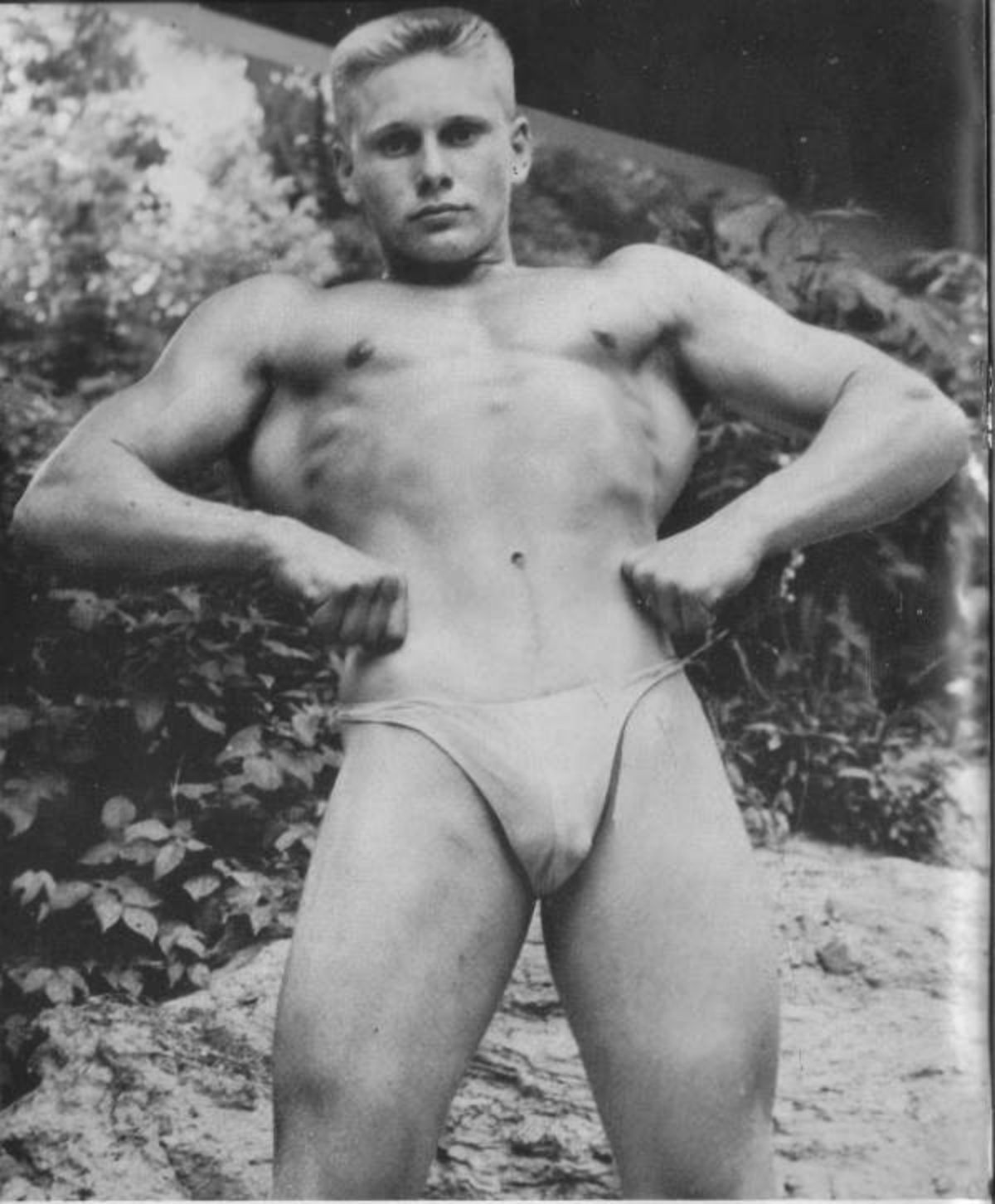


THE BOY'S GUIDE TO PHYSICAL FITNESS



Weber

JOE LEWIS

JR.

THE BOY'S GUIDE TO PHYSICAL FITNESS

No. 23 NOVEMBER 1967

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JOE "HAWKEYE" ALONZO

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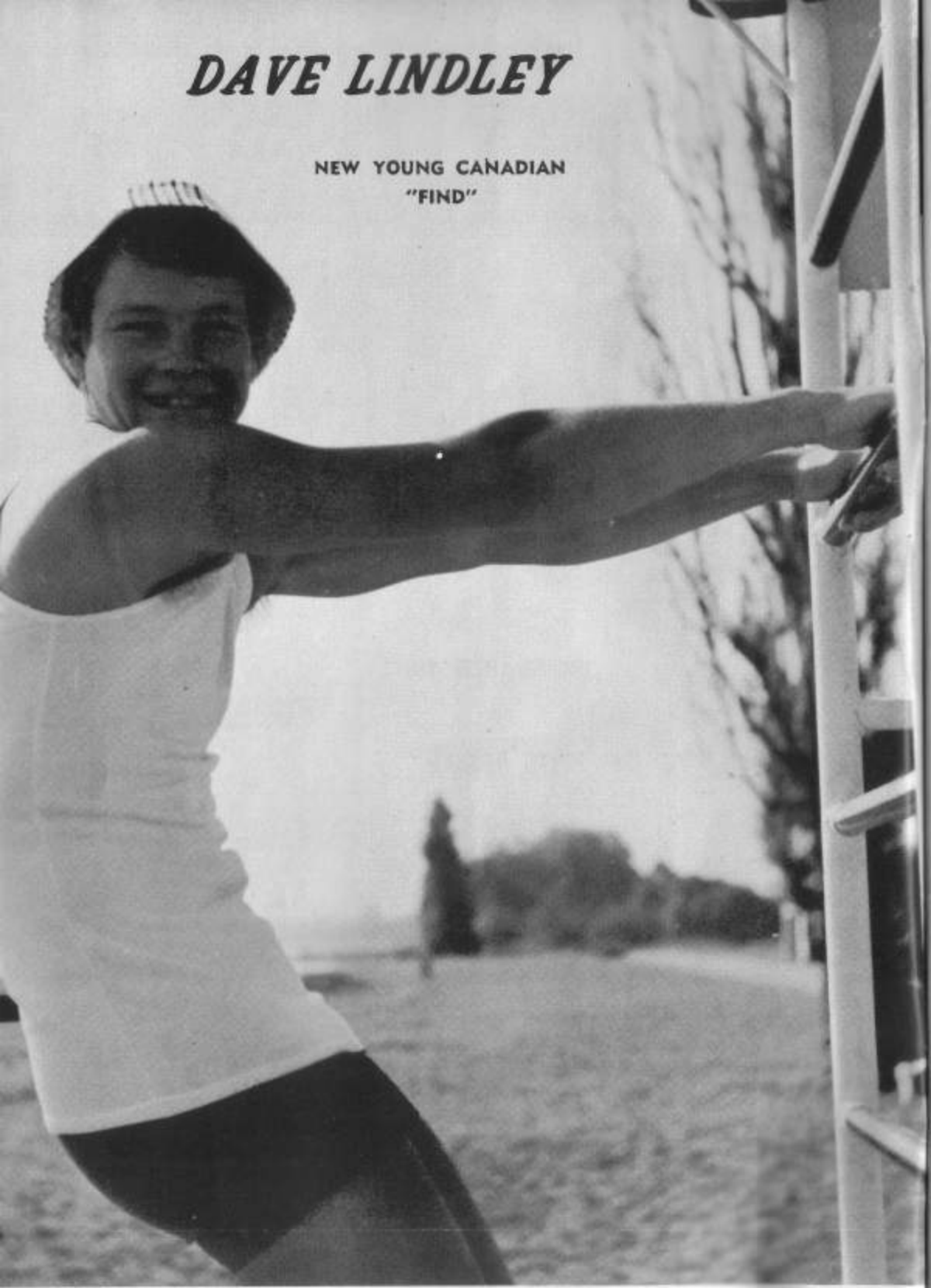
ROD BAUER

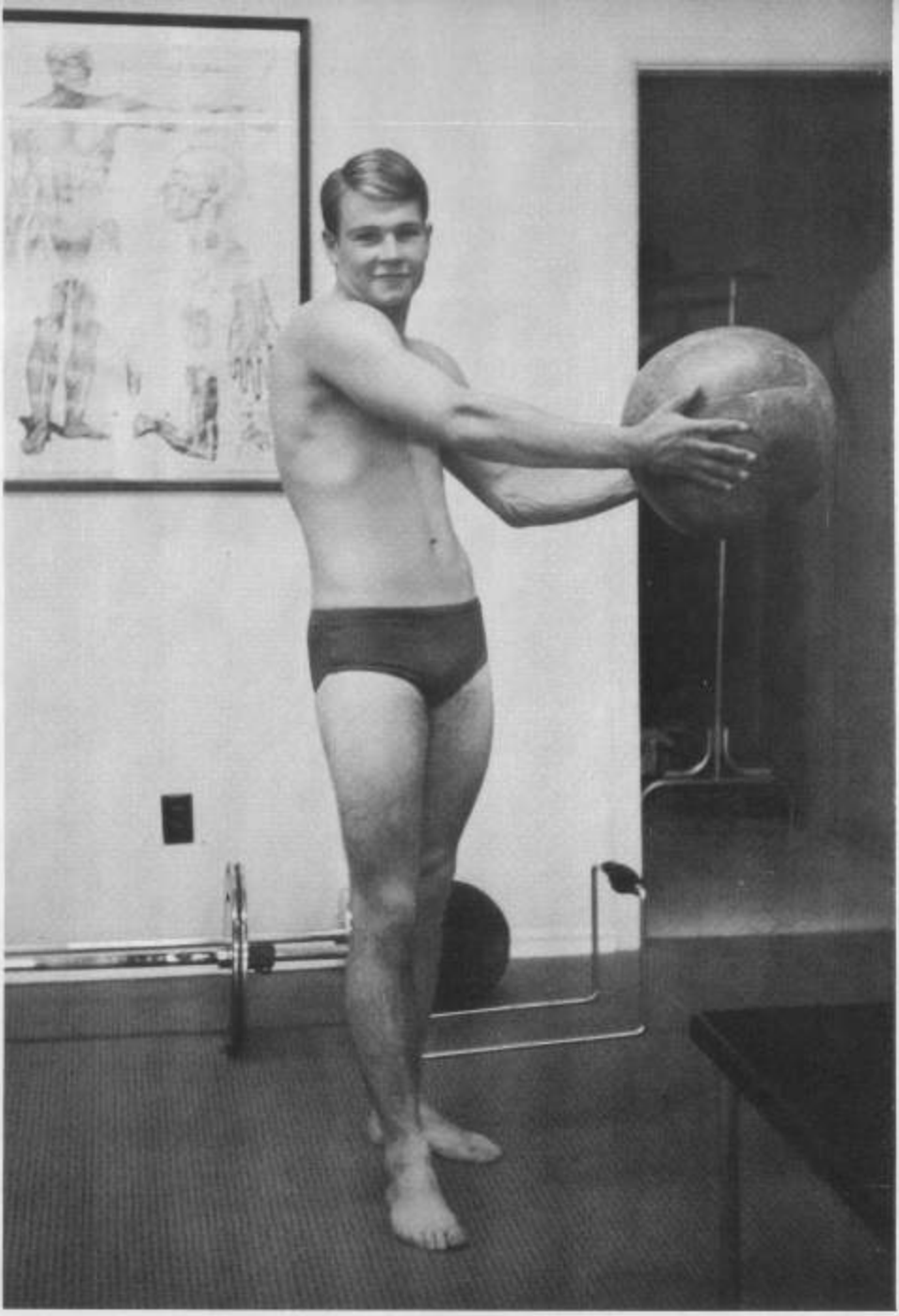
CHAMPION PHOTOS

DAVE LINDLEY

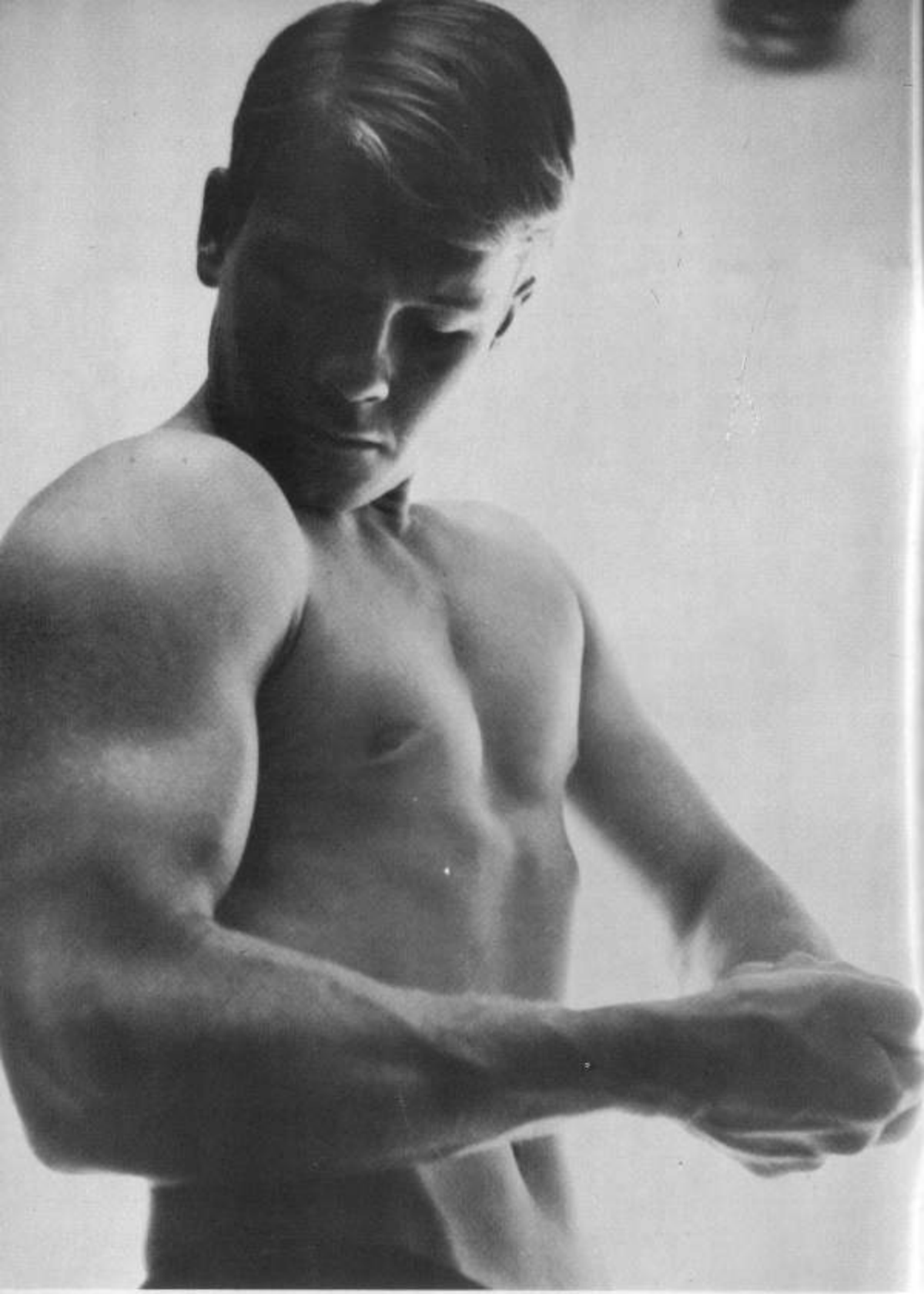
NEW YOUNG CANADIAN
"FIND"



Photos by ART ENTERPRISES

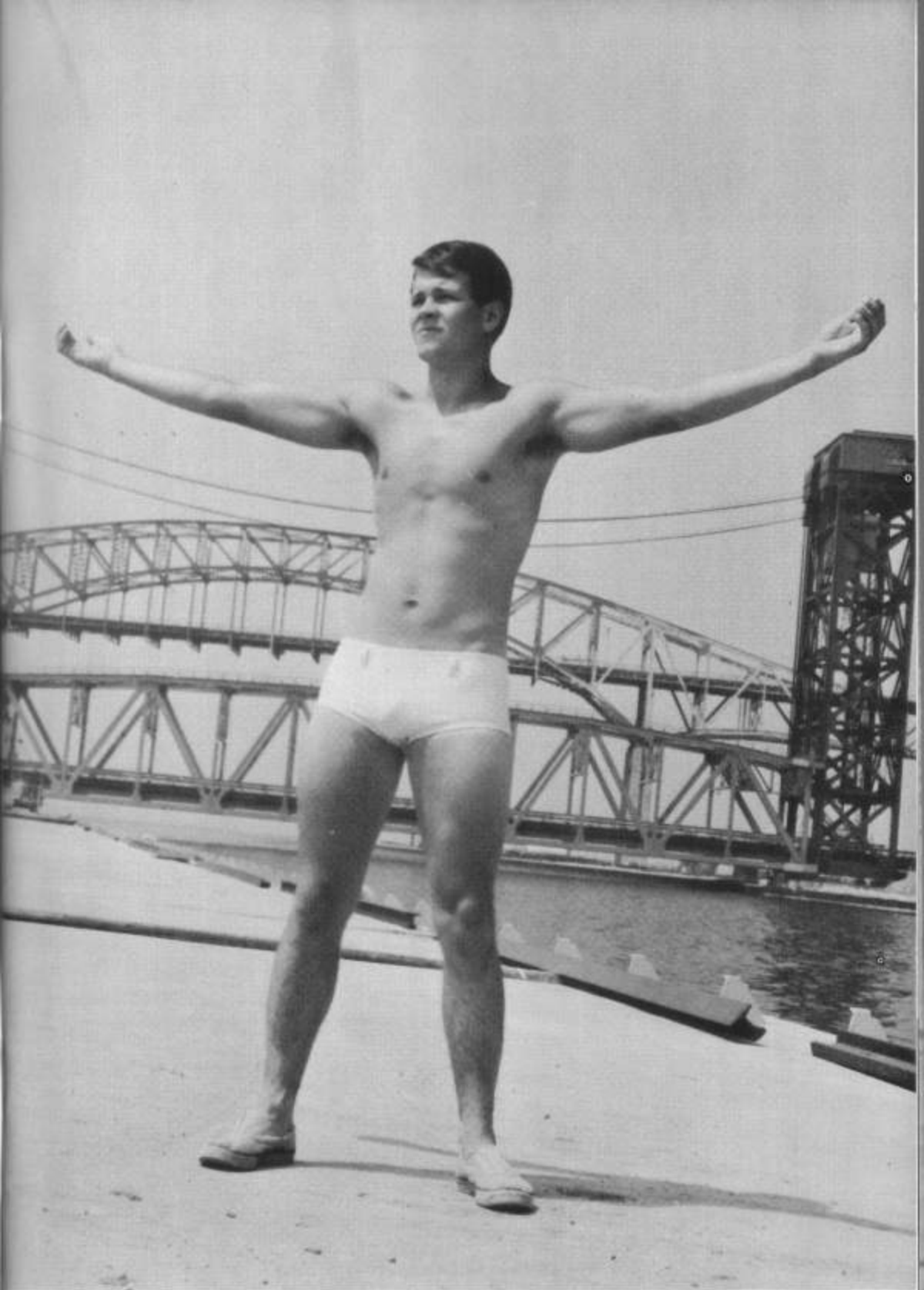


DAVE LINDLEY is a young farmer of 18, having made a study of agriculture at school. While in school he also excelled in football. Even though his profession is mainly heavy work Dave knows the value of regular and routined exercise.



Art Enterprises

DAVE is proud of his bicep development.



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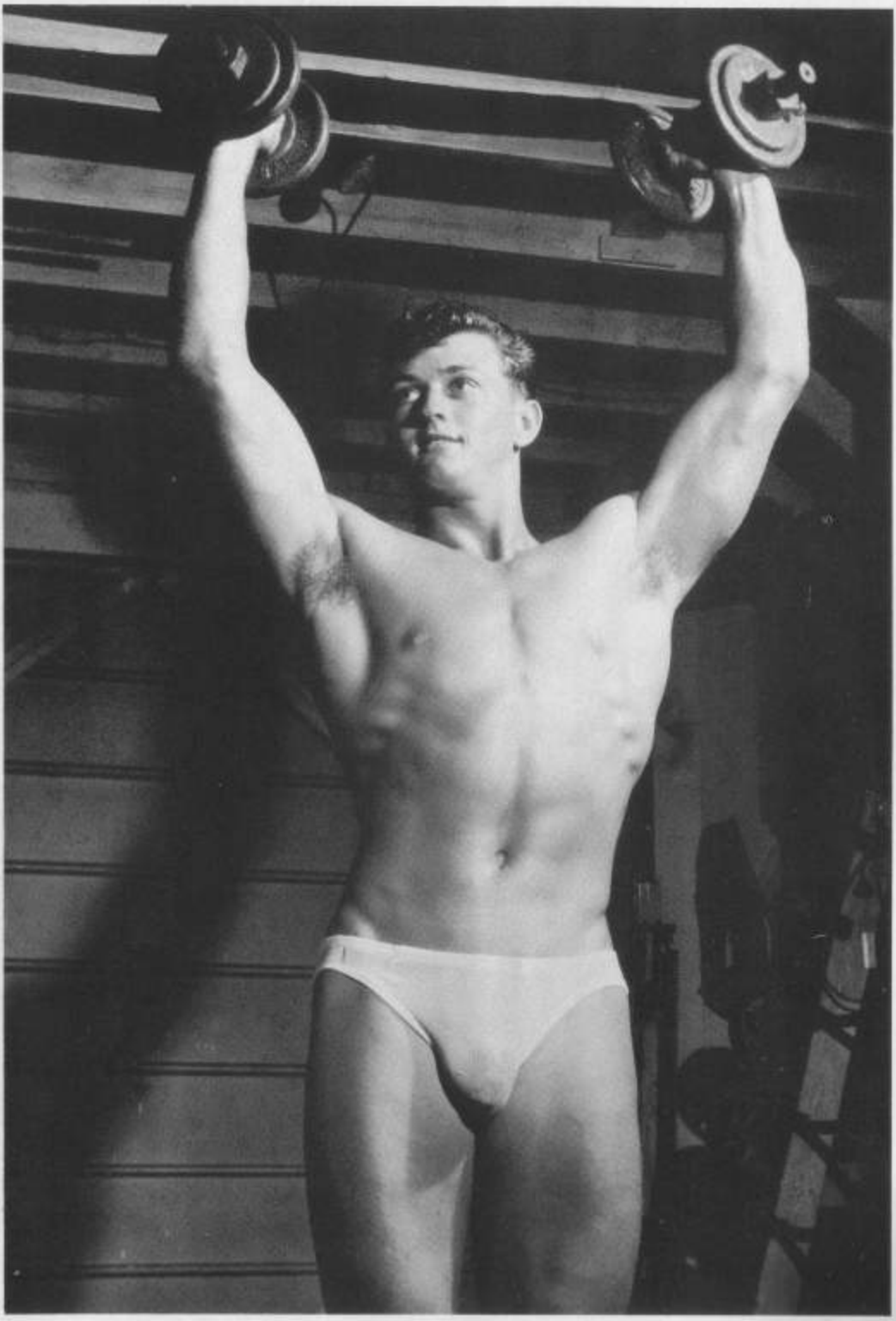
DAVE enjoys outdoor exercise.



Champion

DARRYL POWERS, popular **Champion Studios** model, demonstrates for the readers of **JR** one of his favorite exercise movements which helped give him such fine arm development. Start with the dumbbells at the side and then slowly raise the arms to position shown above. Do this for 12 reps in three sets each workout. You'll like the results you get.

THE *RESPONSIBILITIES OF YOUTH*

RESPONSIBILITY TO SOCIETY

YOU COULD DO AS YOU PLEASED if you were the only one to be affected by your behavior. But you do not live alone. You live with other members of your family, with other boys and girls in your school, and with the people in your community. To live in society, you must see that your behavior does not interfere unfairly with the lives of other people. It is important that you learn to consider others.

There are some persons whose behavior patterns are so destructive to other people that they must be put away where they can no longer be a danger to our society. Fortunately, these persons are in the minority. There are many people, however, whose behavior patterns and personalities make it extremely hard for other people to get along with them. These are the bullies, or those whose feelings are always getting hurt, or those who are very jealous or critical of others. Such people have lots of "growing-up" to do ahead of them. It is your responsibility as a member of society to develop a behavior that will make you an asset to your family, your school, your community, and your country.

YOU ARE RESPONSIBLE TO YOURSELF

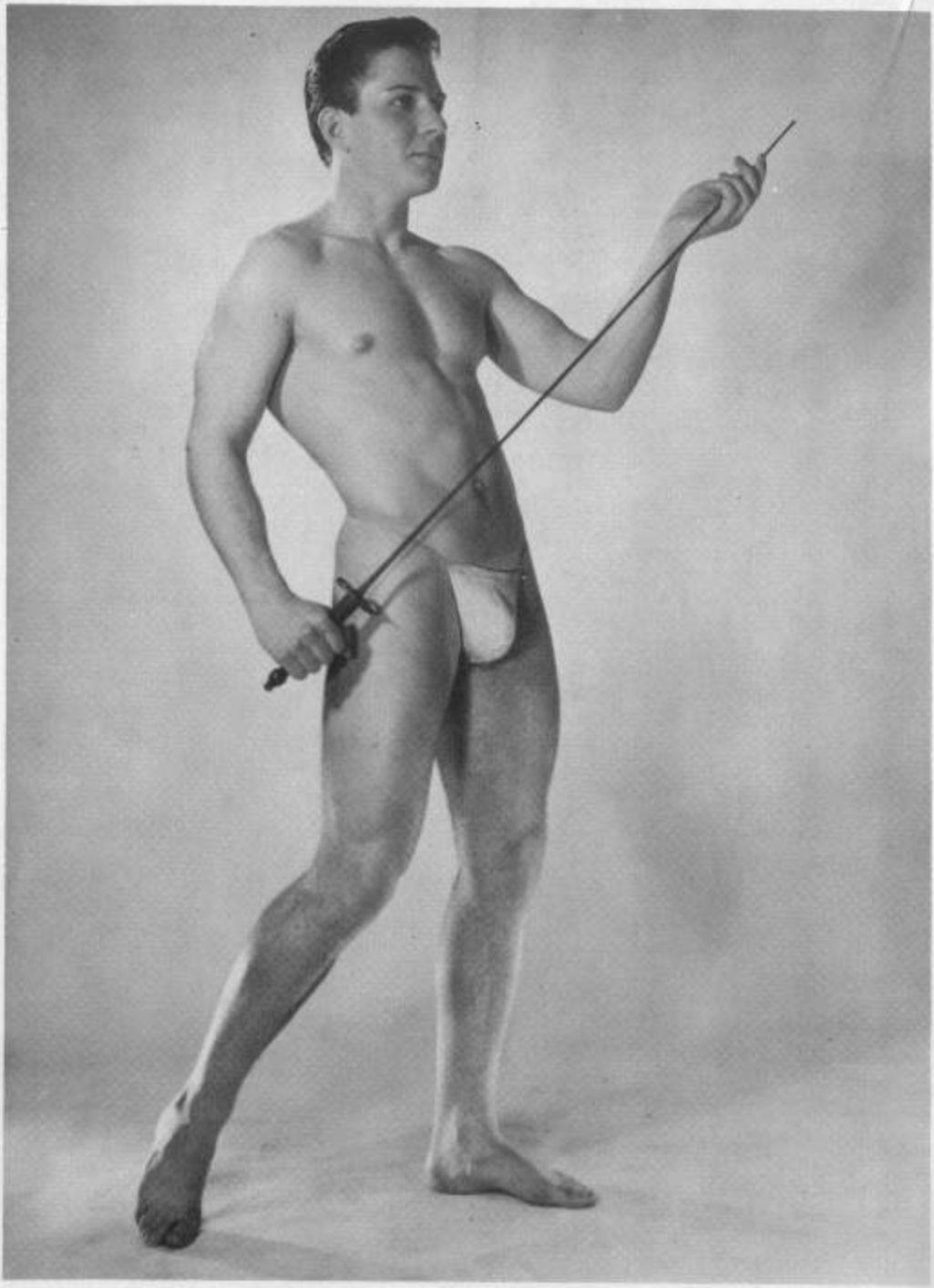
People have many characteristics that make them similar. But, as you have read, no two persons are exactly alike. We differ from each other in appearance, physical strength, intelligence, emotional control, religious beliefs, prejudices and many other things. People **are** different and have a right to be different. You, too, have a right to your own individuality. This is why, in addition to learning to behave with regard to the rights of others, you have another responsibility. You must come to understand your own nature and how you differ from others, so that you can develop yourself to the limit of your special capacities and interests.

TEEN-AGE RESPONSIBILITIES

Just as infantile behavior was not acceptable when you were no longer a baby, so behavior as a child is not proper now that you are a teen-ager. You are in a stage of life that is very important to the growth of your personality. To be able to stand alone, to be accepted by your own friends, and to be recognized by adults, you must be willing to bear the responsibility that comes with growing up. Personality skills can be acquired; they can be learned. When you say, "I am as I am," you are implying that you are completely satisfied with yourself and that nothing can be done to change you. However, your personality changes constantly. It becomes better or it becomes worse — it does not remain always the same.

As a teen-ager, you are trying to decide the kind of person you want to be and wondering how to become that sort of person. Taking care of the present is very often the best way to prepare for the future. Right now school is your occupation. Make every effort to get everything out of school that it offers you. Dreaming of the future is natural. Doing a good job now, however, will help you to develop the habits that you need to make your dreams come true.

(Part three of this discussion will appear in the next issue)

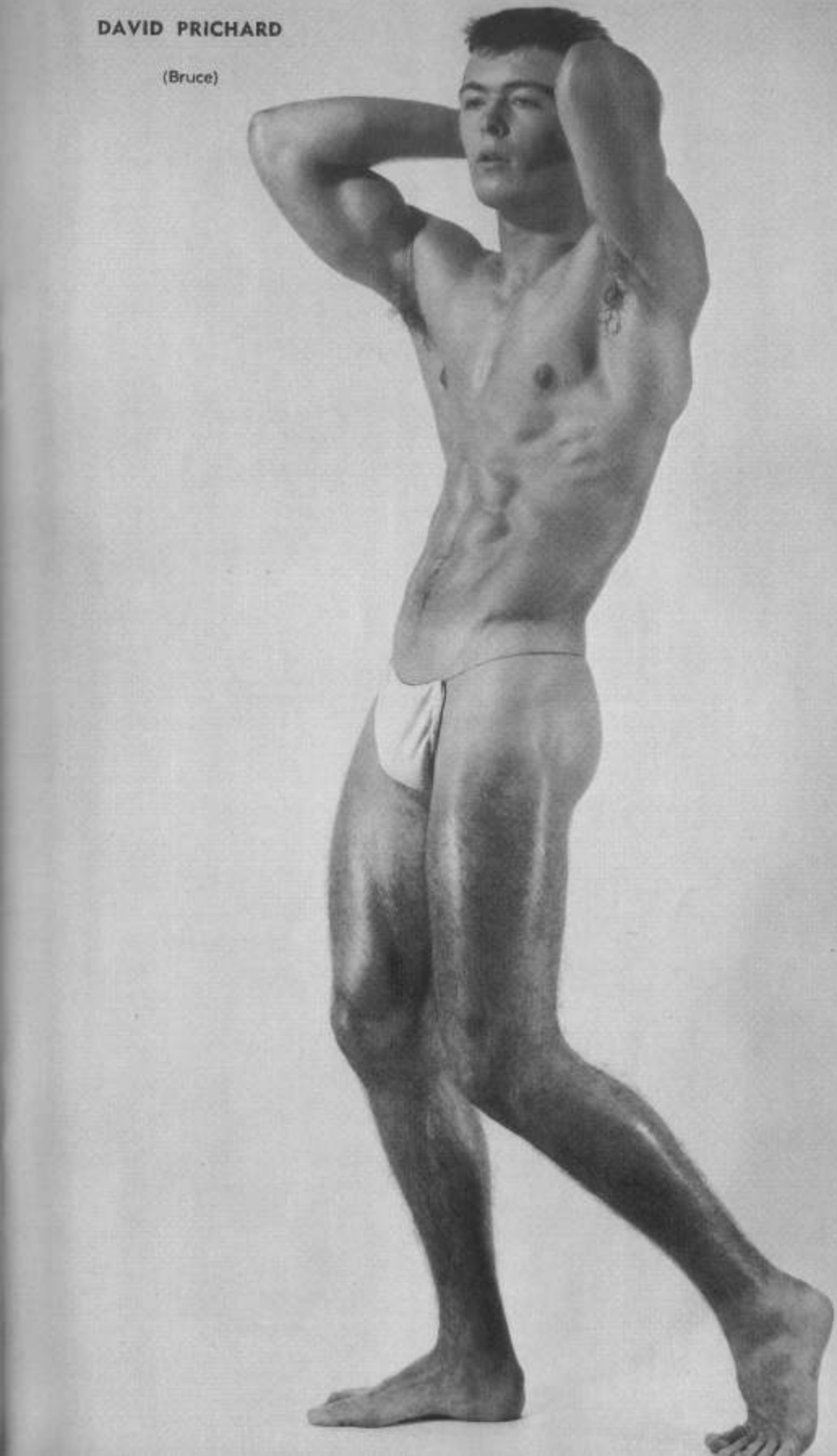


Scott

TERRY NORRIS

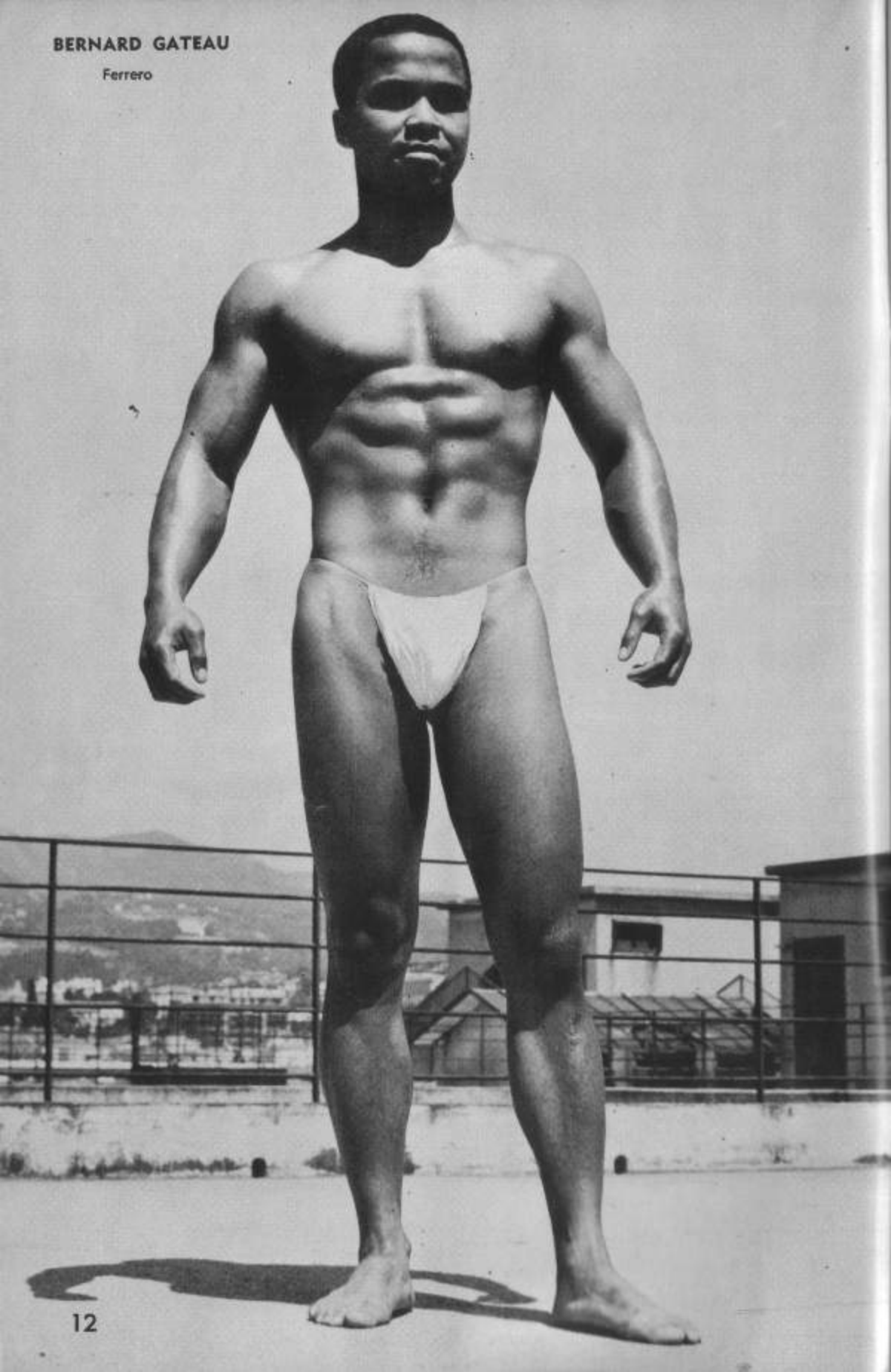
DAVID PRICHARD

(Bruce)



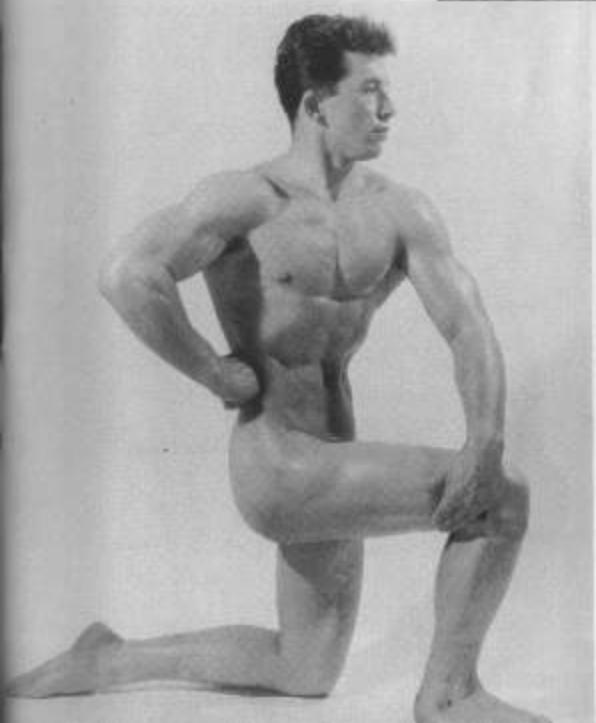
BERNARD GATEAU

Ferrero



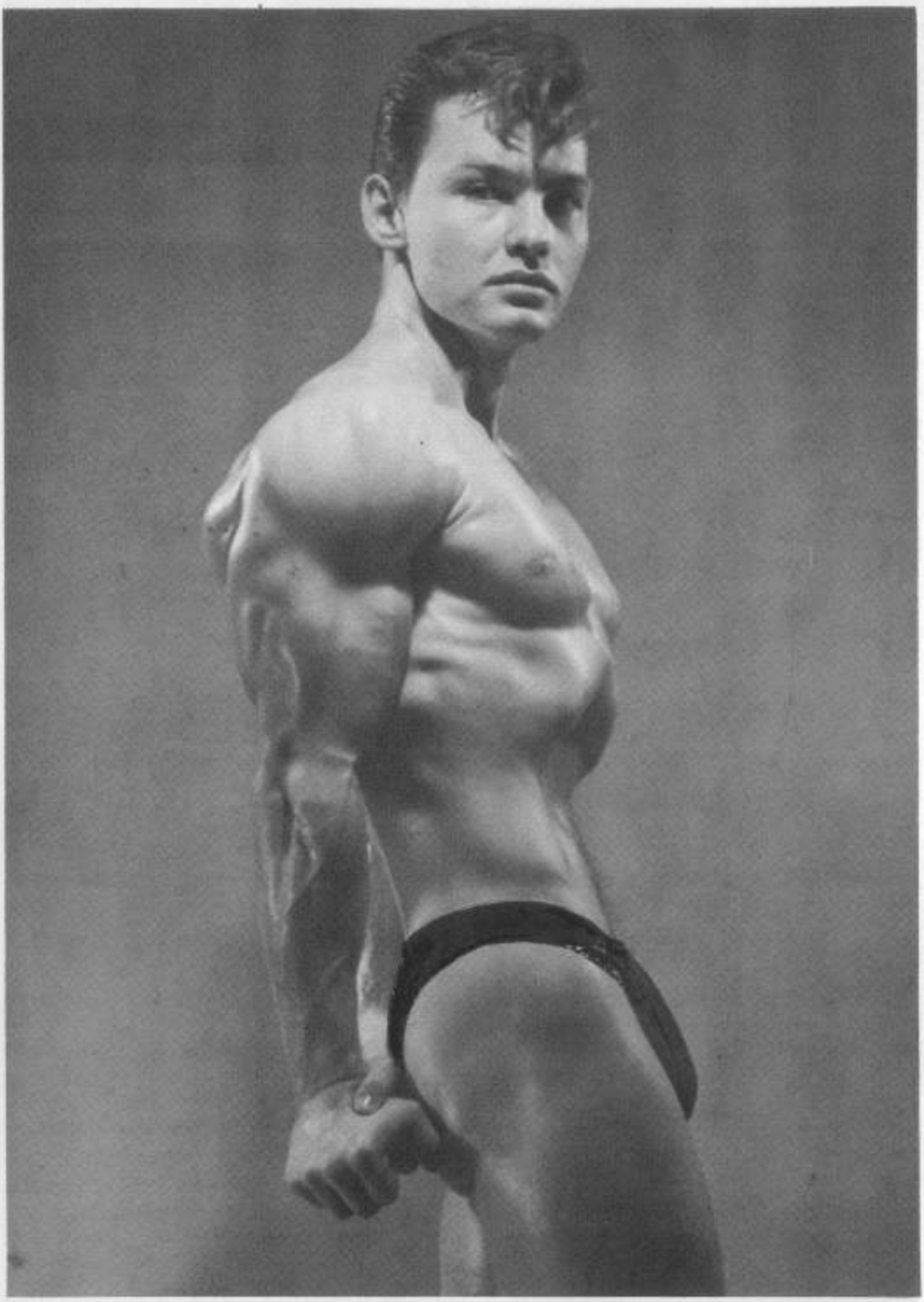
DICK STARK

(Champion)

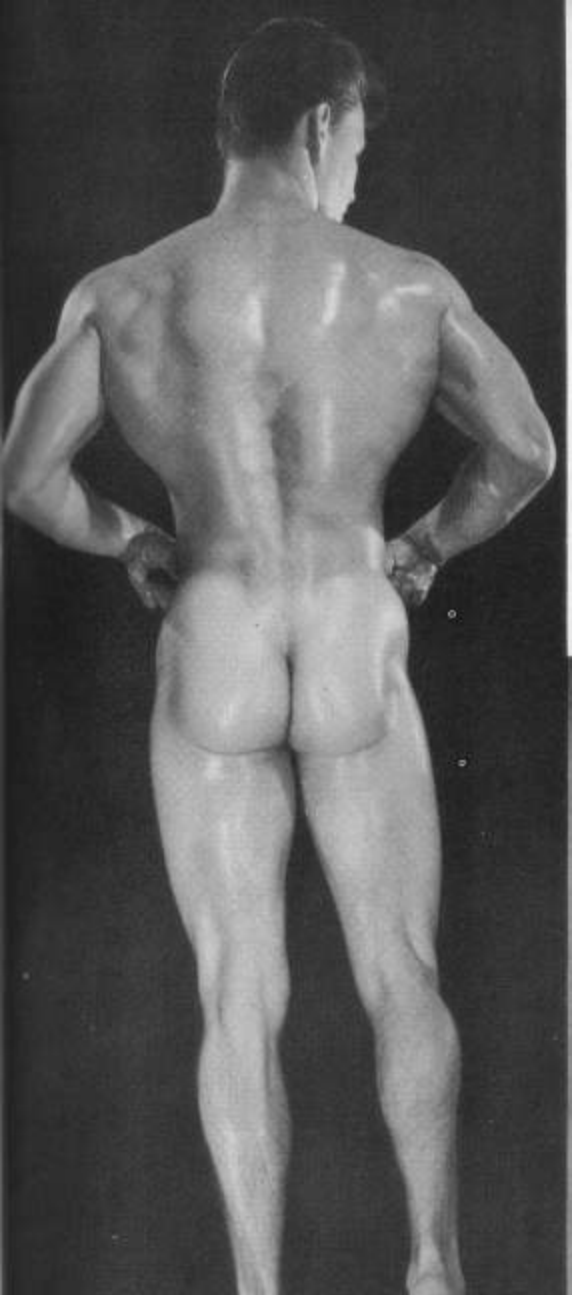


JOHNNY KENT

(Mark-One)

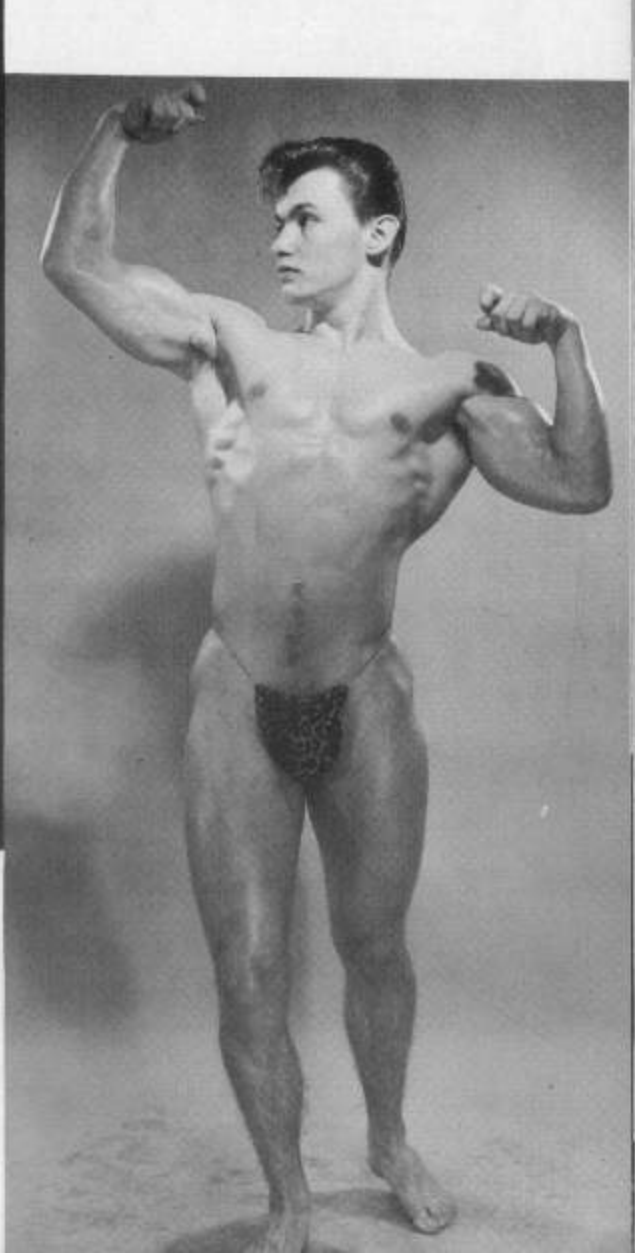


BOB FOXX Saxon



BOB FOXX

YOUNG ATHLETE



Photos by

TROY SAXON

JR'S SENIOR OF THE MONTH

CHESTER YORTON

"MR. UNIVERSE 1966"

As an inspiration to our young readers we bring their attention to this amazing young man, who, in spite of many difficult obstacles such as being a victim of a bad accident which nearly cost his life, has reached the pinnacle of success in the physique world. As an example of fine health habits and good clean living plus the ability to maintain a vigorous training schedule, we know of no one more deserving than **Chester Yorton.** We hope that our readers will follow the example of this great physique star and emulate his patience, perseverance and perception!

Arax

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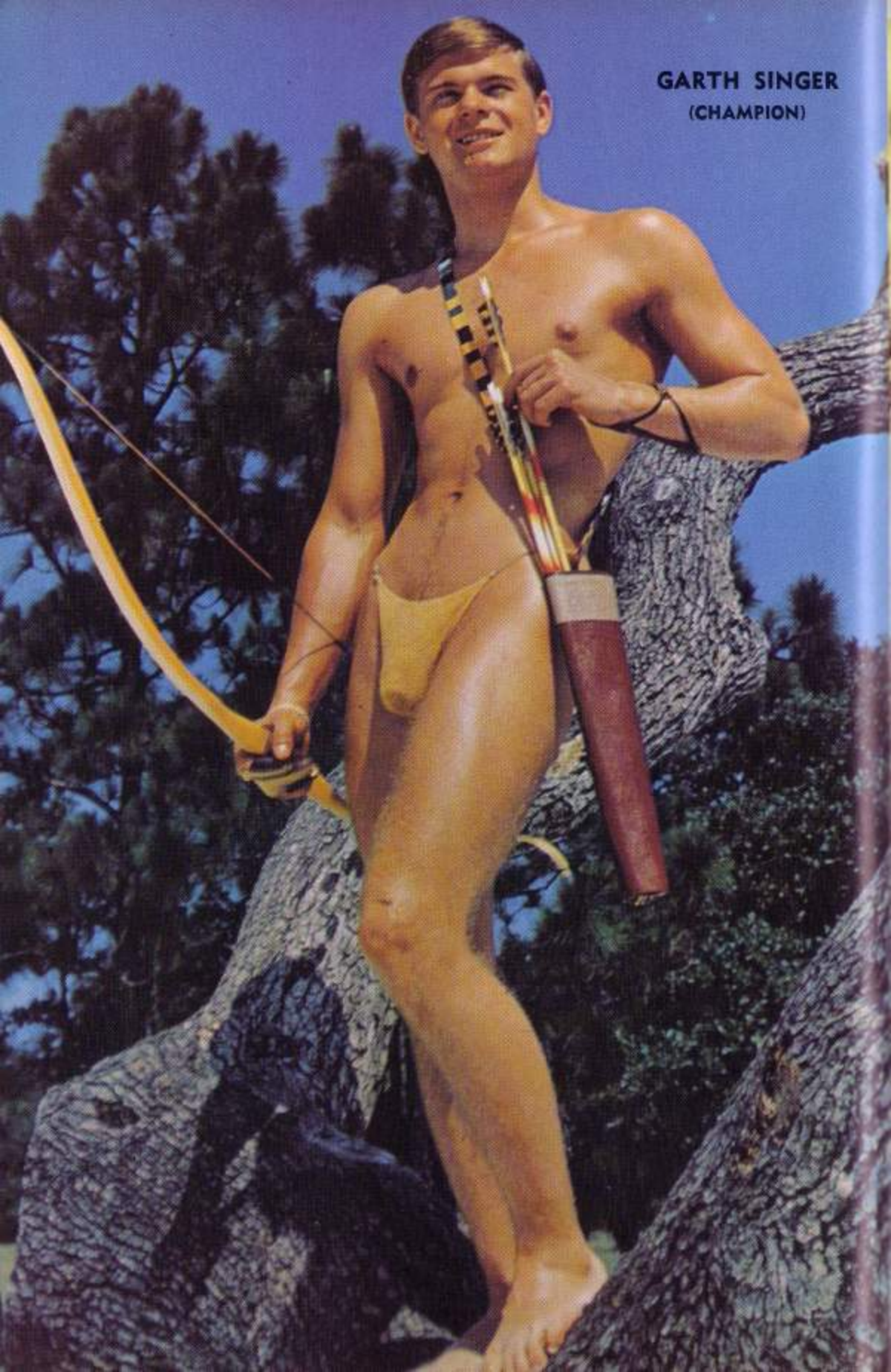
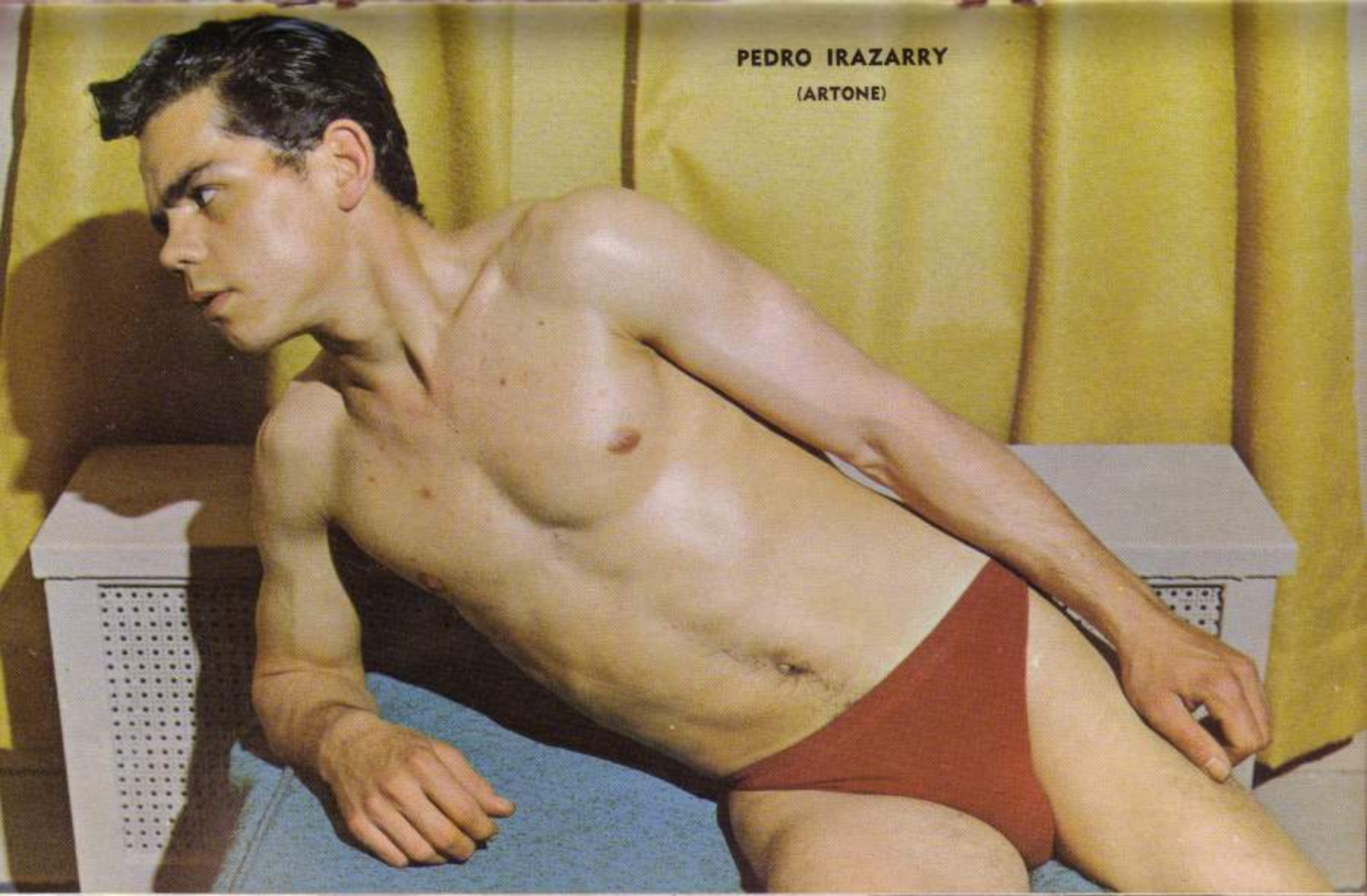
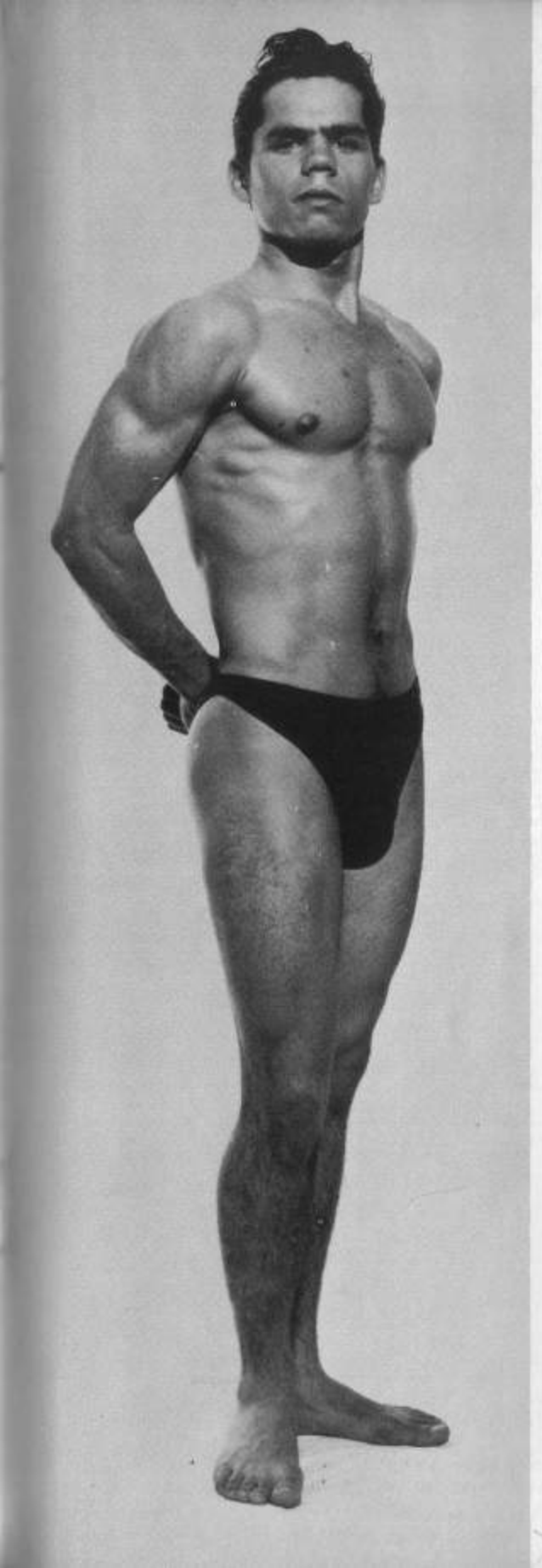
(Spartan)

TORD ERICK
(Stan)


GARTH SINGER
(CHAMPION)

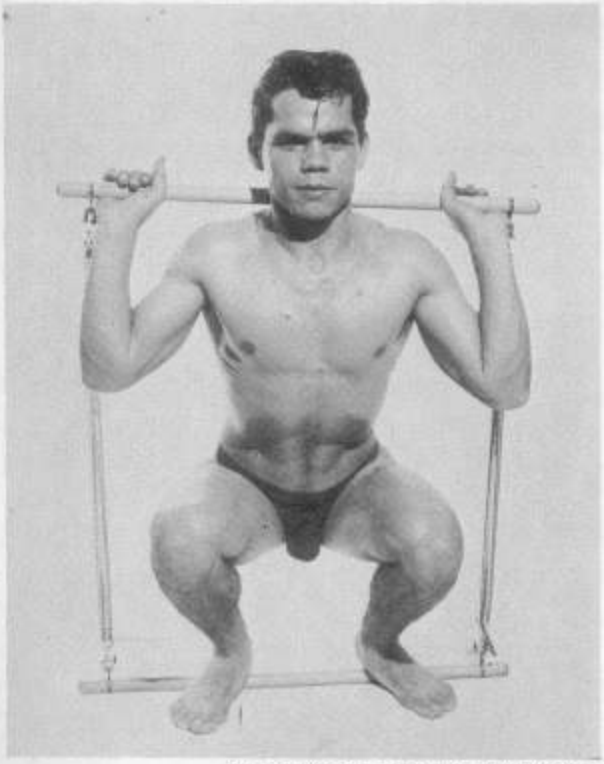

PEDRO IRAZARRY
(ARTONE)

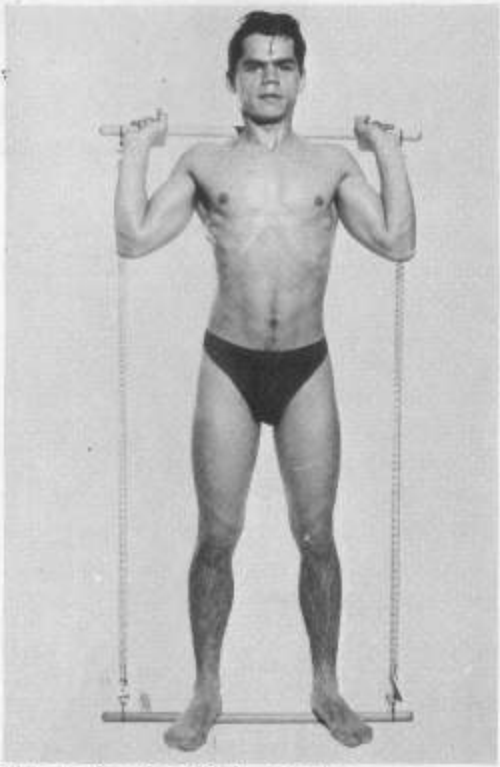
JON NERO
(Bruce)



PEDRO IRIZARRY is a young man of 17 who hails from Puerto Rico. He has found that regular training schedules are what give the best results. His idol is **Elmo Santiago,** in whose footsteps he would like to follow on the road to Mr. Universe.

TRY THESE ON YOUR CABLES!





DEEP KNEE BENDS EXERCISE: This is for the thigh muscles. Stand erect, feet on lower bar about 12 inches apart, upper bar across shoulders as shown. Inhale, squat down slowly as far as possible. Exhale and slowly return to standing position as shown. Do 3 sets of 12 or more reps per workout.

TRICEPS CRAMPER: Stand with feet on lower bar as shown above, heels holding bar firmly, elbows bent slightly. Use overgrip on upper bar which is held as shown in photo. Then, slowly, after taking a deep breath, raise to position shown in next photo. Slowly lower bar to starting position while breathing out and then repeat for 3 sets of 12 reps.

Model: **PEDRO IRIZARRY** Photos: **ARTONE**

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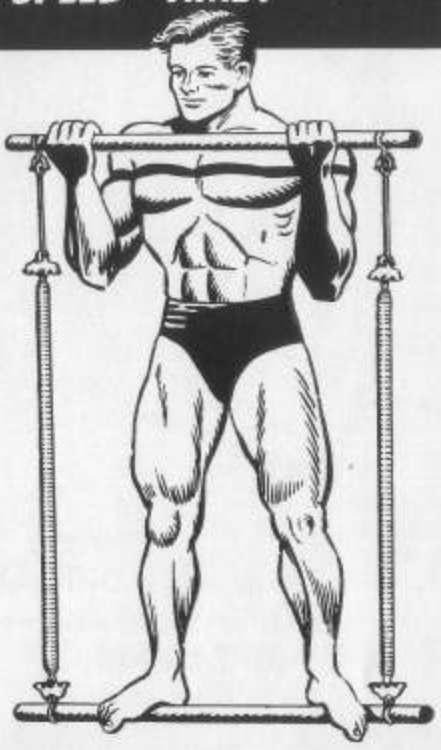

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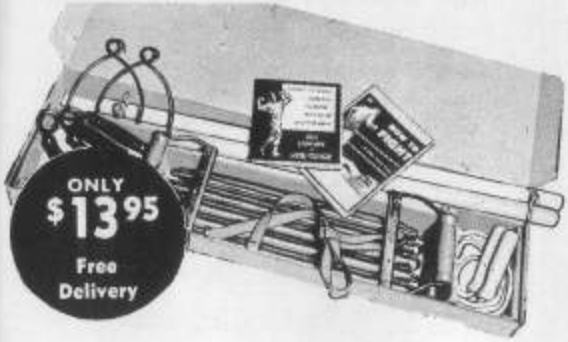

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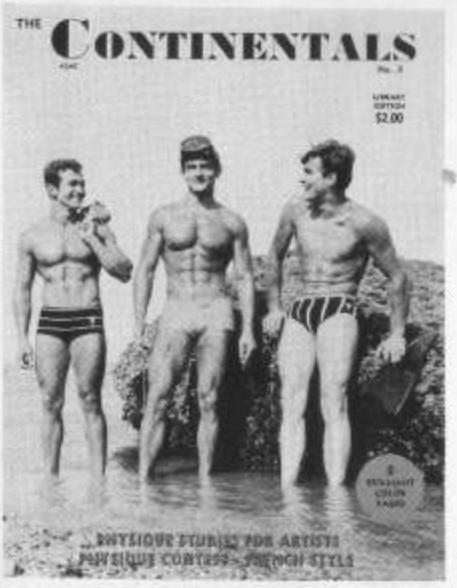

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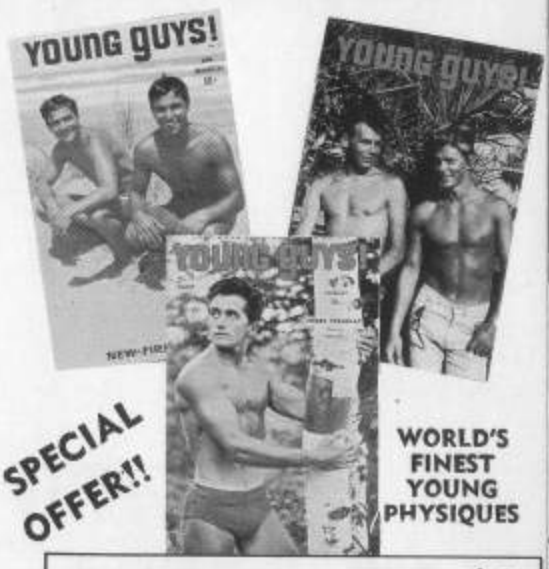

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Dave Lindley

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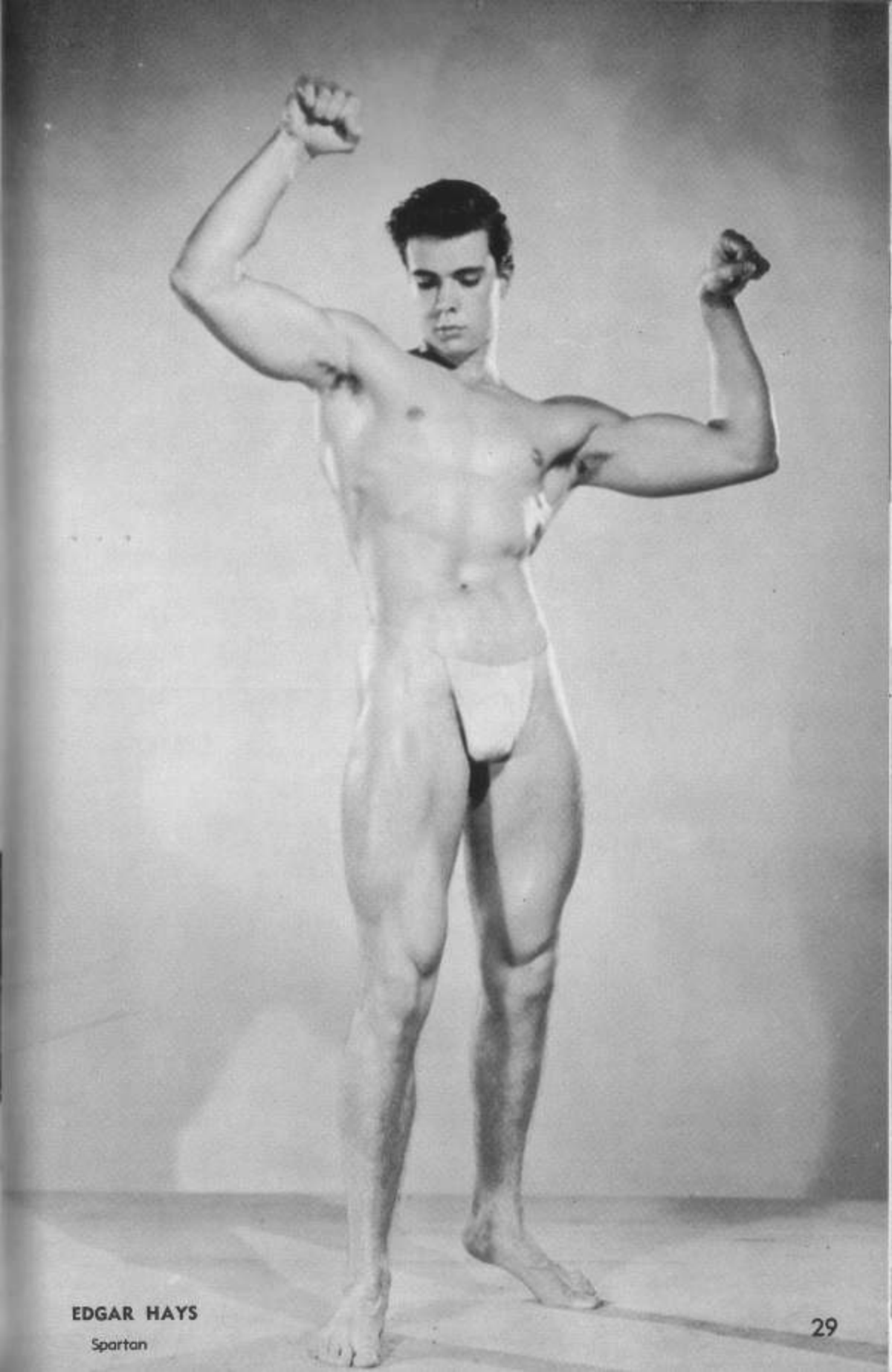


EDGAR HAYS

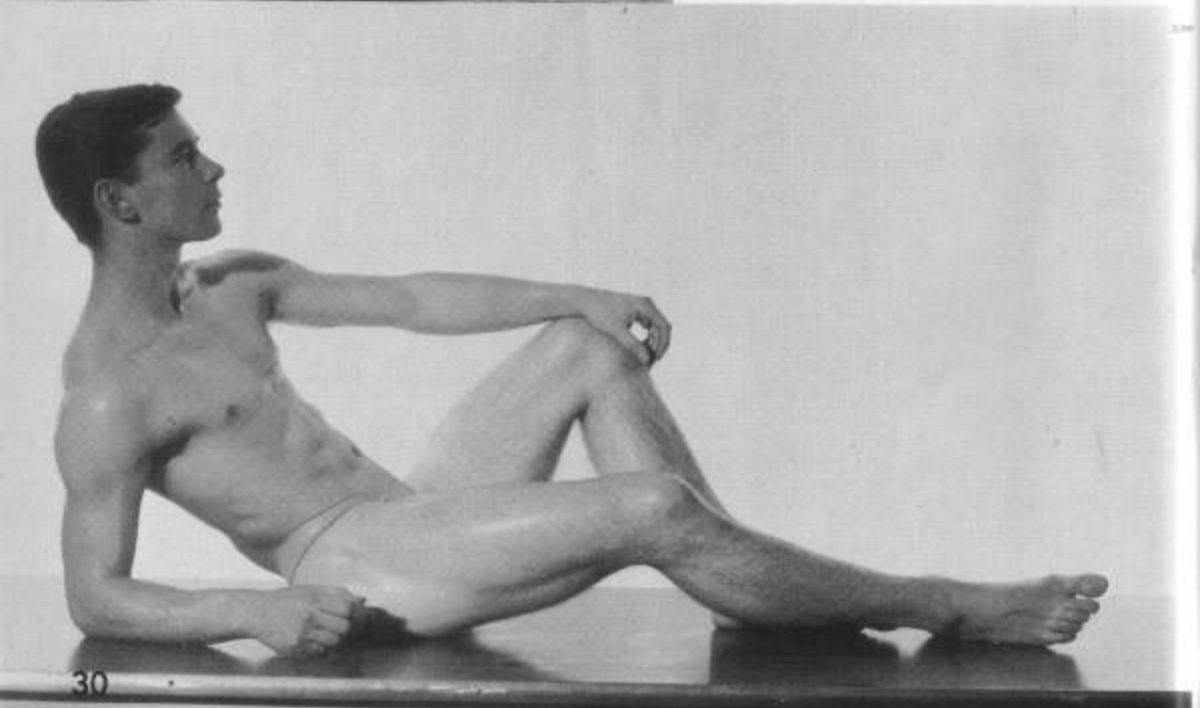
Spartan

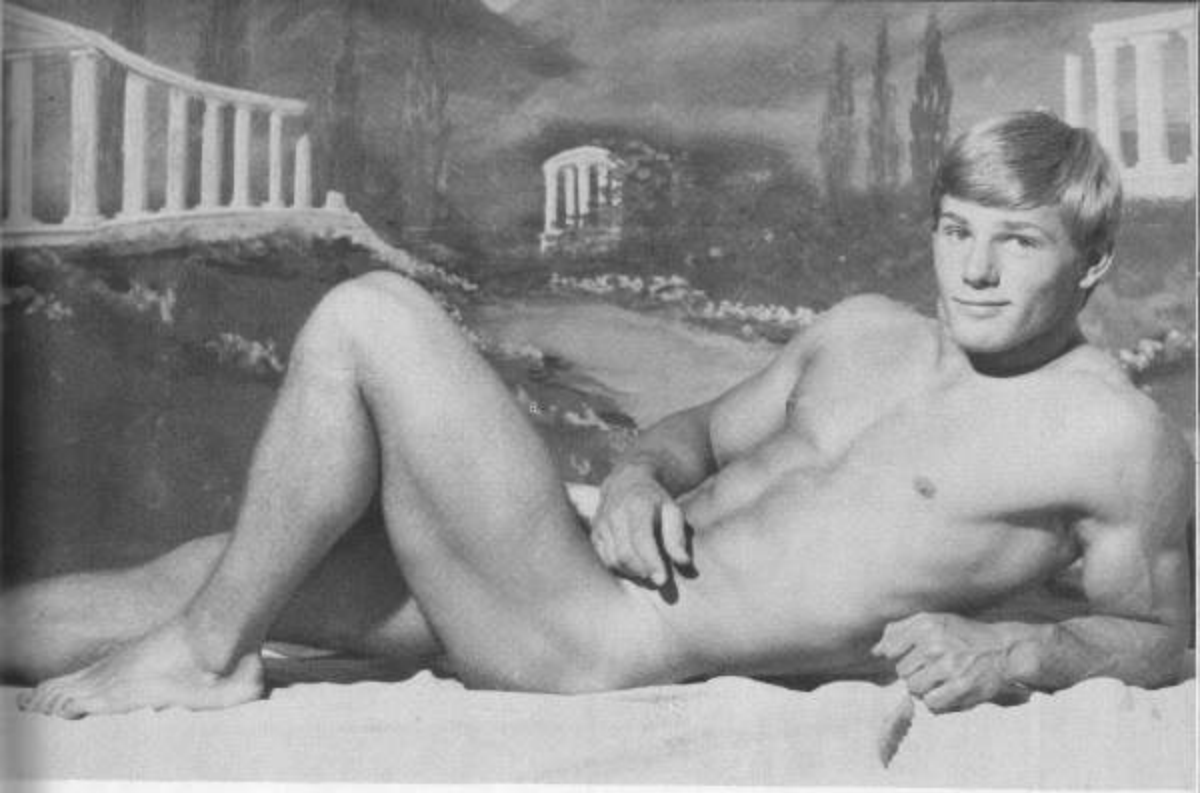
BRUNO SEN

(Sennels)

KERRY COOKE

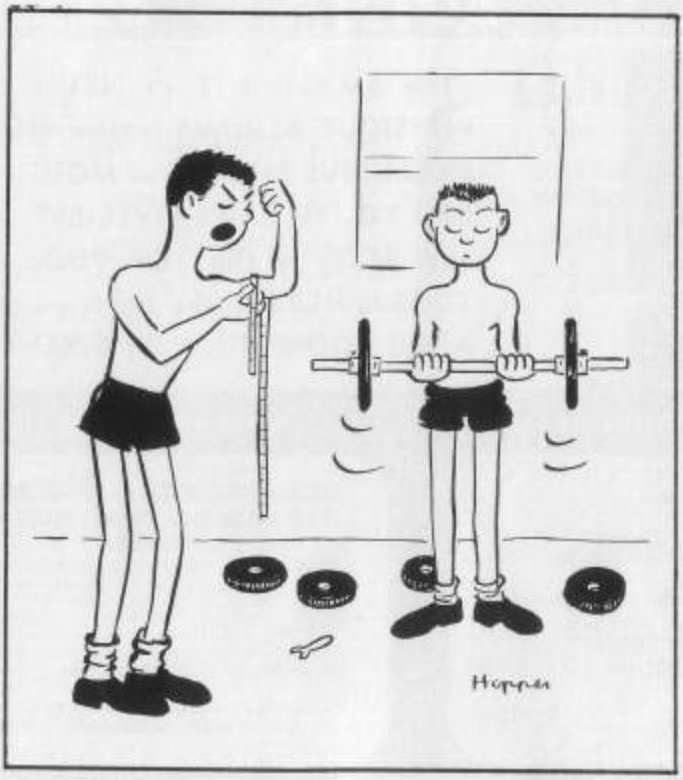
(Scott)





Galaxy

JOHN HAMILL, England's most popular young model, is always a welcome visitor to these pages.



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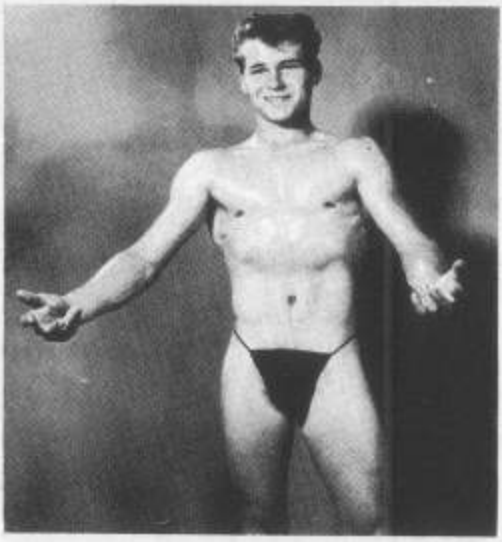

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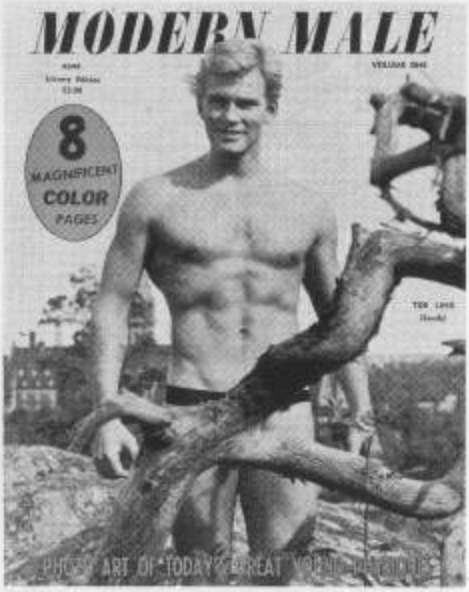

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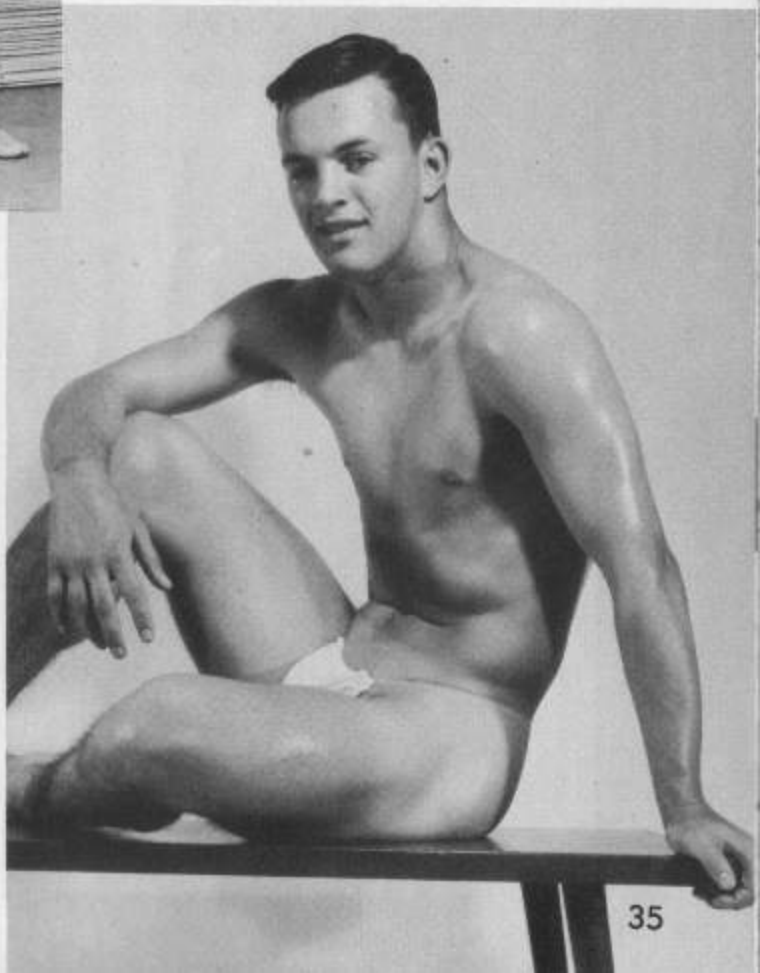

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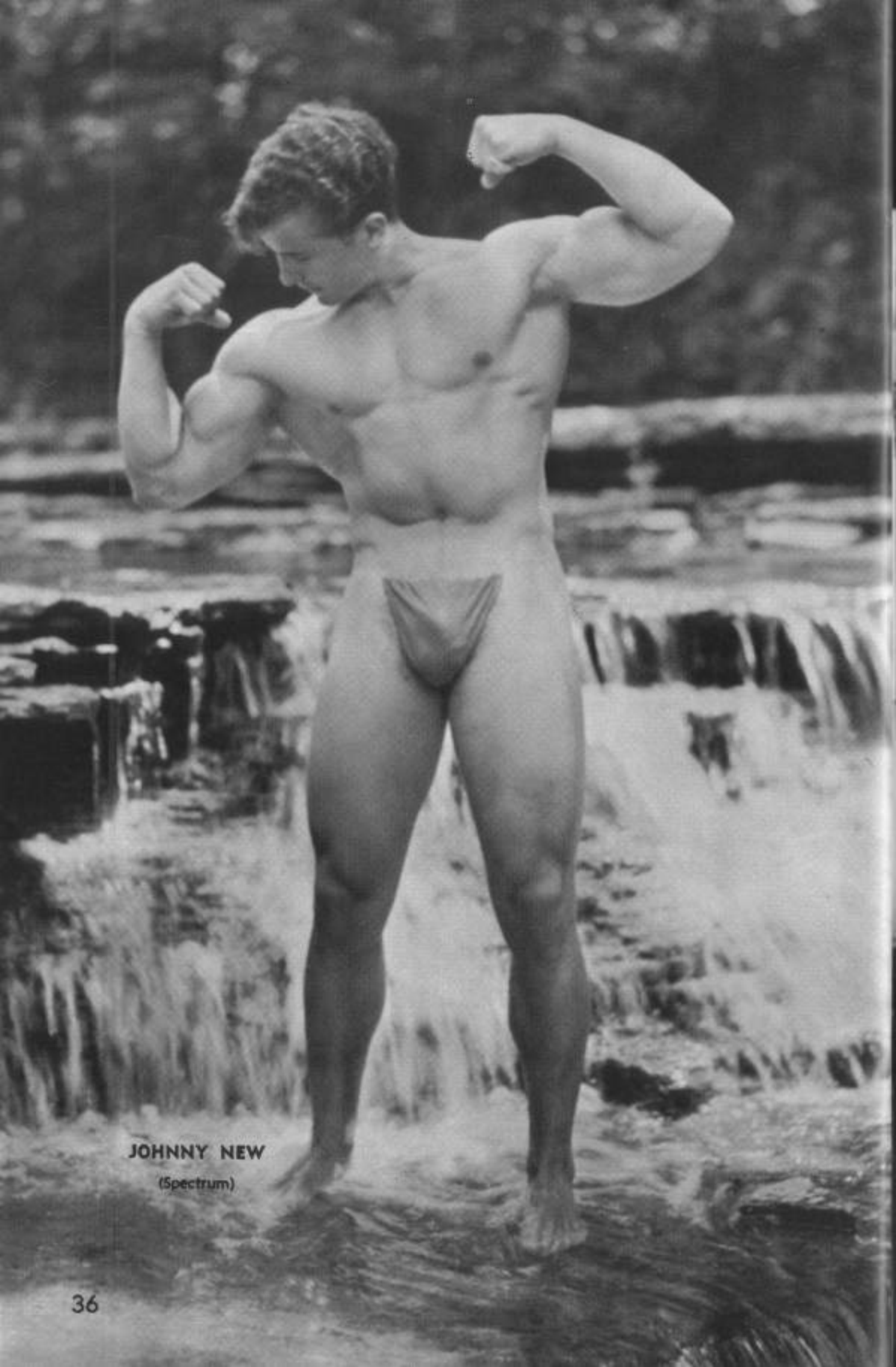

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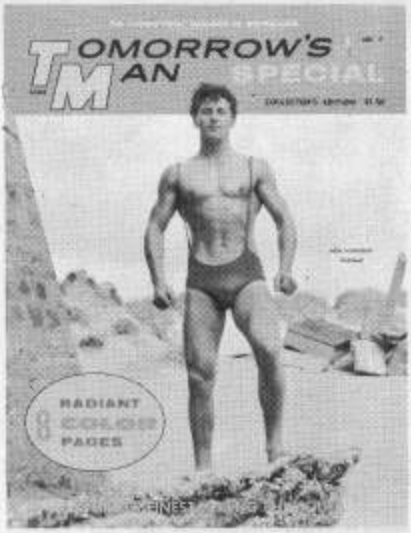

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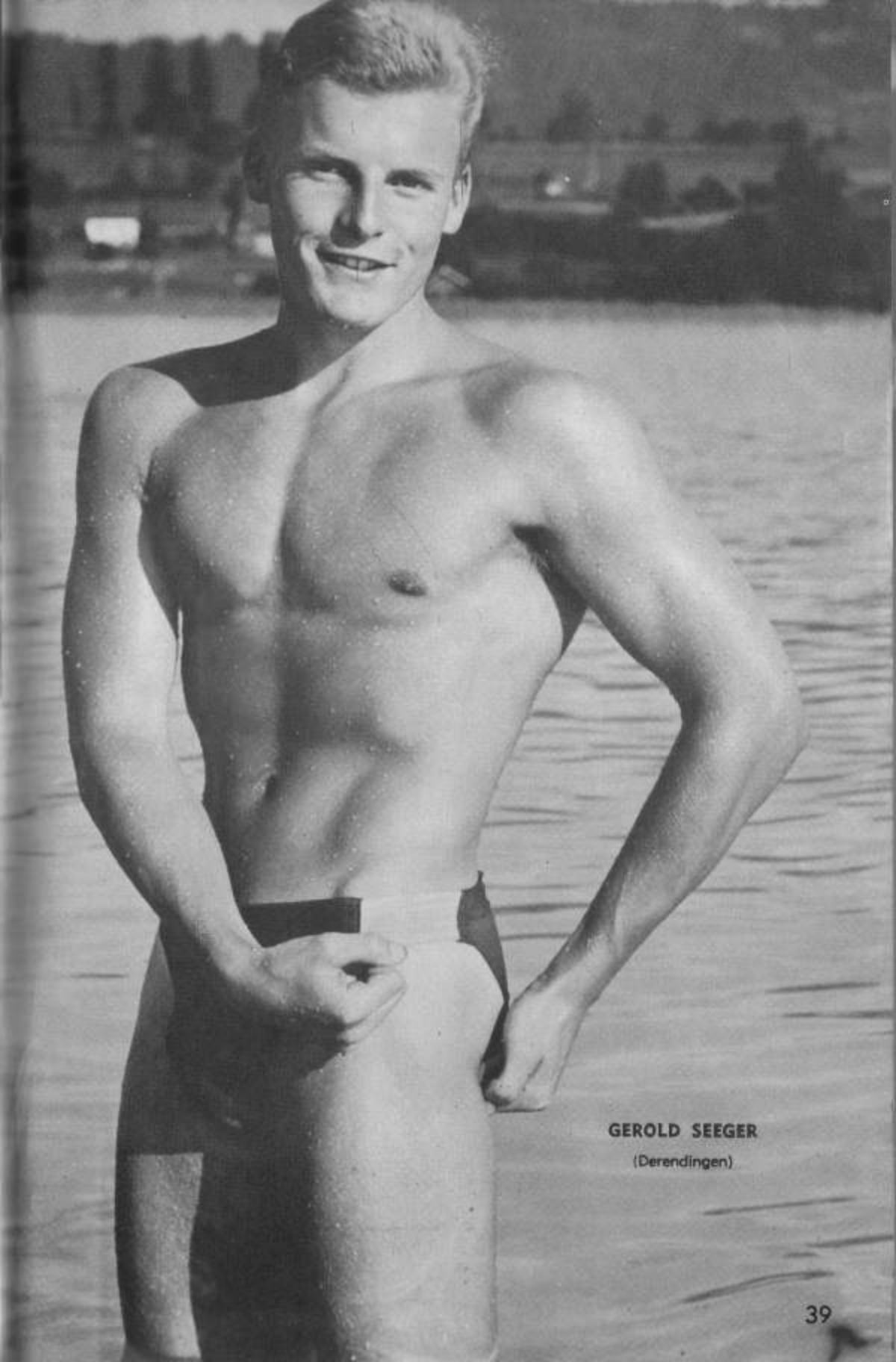

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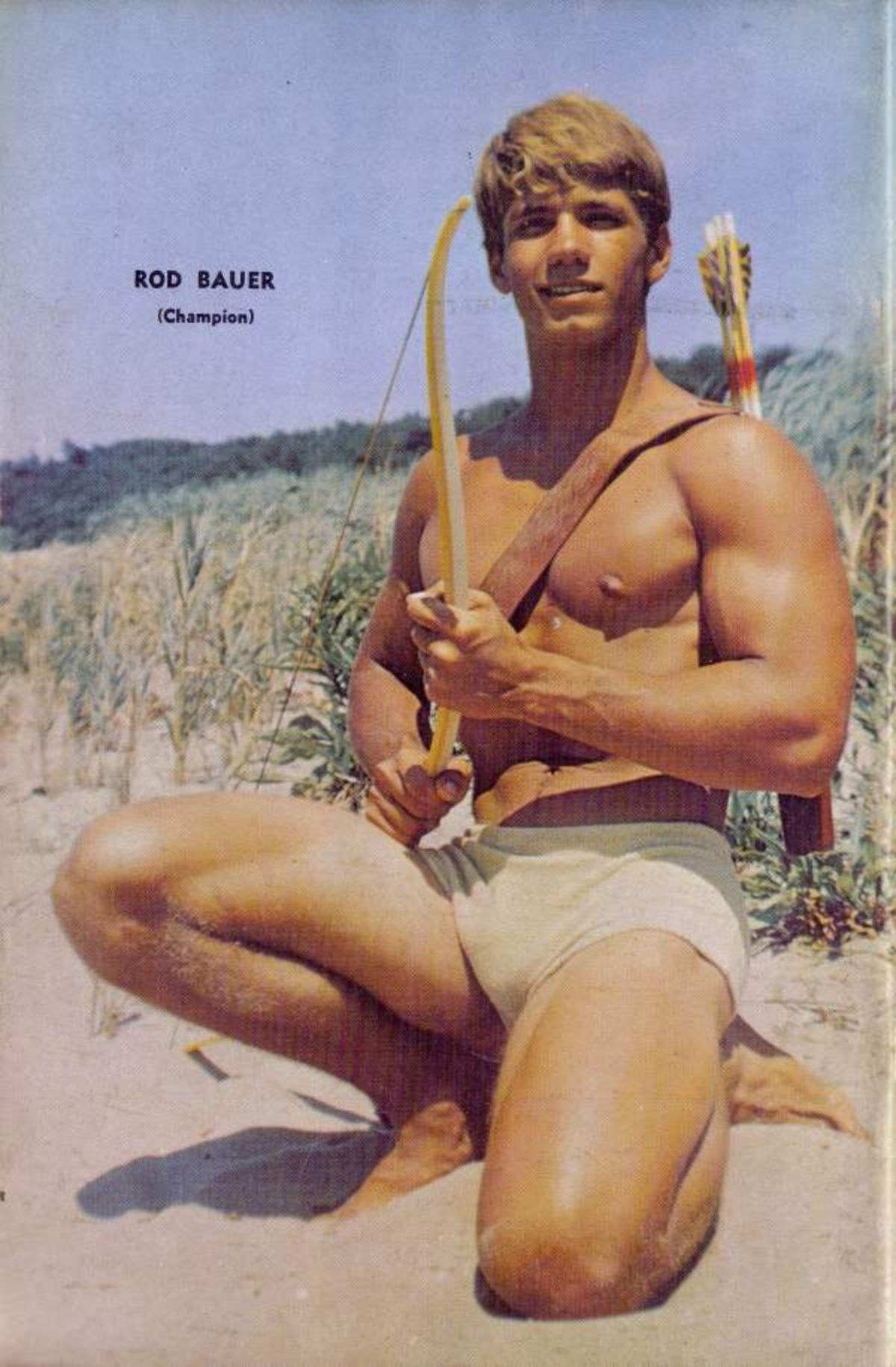
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